



Kerala Ayurvedic Jaipur



Ayurveda, also known as Ayurveda Medicine, is an ancient holistic healing system that originated in India over 3,000 years ago. It focuses on natural therapies, herbal treatments, yoga, and massages to promote overall well-being. At Kerala Ayurveda Jaipur, we offer a range of traditional and specialized therapies designed to rejuvenate the body, relax the mind, and restore vitality.

ABHYANGA – FULL BODY REJUVENATION TREATMENT

Abhyanga is a full-body massage using warm herbal oils that provide deep relaxation and promote overall wellness. This therapy helps relieve body aches and tension while improving circulation and toning the muscles. The medicinal oils nourish the skin, leaving the body feeling light, refreshed, and rejuvenated.

Duration 60 Mints / Rs 1800/-

SHIRODHARA + ABHYANGA

This therapy combines the benefits of a full-body Abhyanga massage with the deeply soothing Shirodhara treatment. Shirodhara involves the continuous pouring of warm medicated oil onto the forehead, which calms the nervous system, reduces anxiety, and enhances mental clarity. This therapy is ideal for individuals with high stress levels, as it promotes relaxation, improves sleep quality, and enhances memory.

Duration 60 Mints / Rs 3000/-

POTLI MASSAGE + ABHYANGA

A unique massage therapy that incorporates the use of warm herbal pouches, or potlis, filled with medicated herbs and powders. These potlis are dipped in warm herbal oils and used to massage the body, focusing on areas prone to pain and stiffness such as the back, neck, shoulders, and joints. This therapy is highly effective in relieving muscle soreness, reducing inflammation, and promoting overall relaxation.

Duration 60 Mints / Rs 3000/-

FULL BODY BEAUTY THERAPY

This therapy combines the relaxation of a full-body massage with the rejuvenation of a beauty treatment. It includes a head and shoulder massage along with a nourishing herbal facial. Instead of traditional herbal oils, the body is pampered with specially formulated creams such as cucumber, strawberry, almond Ayurveda, and sandalwood cream. These ingredients help improve skin texture, boost circulation, and provide deep hydration, leaving the skin feeling smooth, radiant, and refreshed.

Duration 100 Mints / Rs 4500/-

FULL BODY RELAXATION AND REJUVENATION MASSAGE

(Refresh, Relax, Revive, and Rejuvenate)

This therapy is designed to restore youthful energy and vitality by combining multiple relaxation techniques. It includes a Full Body Relaxation Massage along with Shirodhara, Potli Massage, Head Massage, and Face Massage. Together, these treatments help rejuvenate tired muscles, refresh the mind, and restore overall well-being, leaving you deeply relaxed and re-energized.

Duration 120 Mints / Rs 6000/-

HEAD/ NECK & SHOULDER MASSAGE

A revitalizing massage that focuses on the head, neck, and shoulders to relieve muscle tension and stress. This therapy not only improves blood circulation but also stimulates the scalp, reducing fatigue and promoting a sense of relaxation and mental clarity.

Duration 60 Mints / Rs 1800/-

BACK MASSAGE / FOOT MASSAGE / HEAD MASSAGE

This massage therapy targets specific areas such as the lower back, shoulders, neck, and feet to alleviate pain and tension. It helps to loosen stiff muscles, enhance blood circulation, and promote an overall sense of relaxation and well-being.

Duration 40 Mints / Rs 1400/-

NASYAM TREATMENT

A powerful Ayurveda therapy that helps cleanse the nasal passages and remove accumulated toxins. Medicated herbal oils are applied through the nostrils, which helps clear the sinuses, improve breathing, and promote a state of relaxation. This treatment is often performed after a general body massage and is highly beneficial for improving sleep quality and reducing stress.

Duration 60 Mints / Rs 3500/-

CHANDAN FACIAL

This refreshing facial treatment uses the natural goodness of sandalwood and other herbal ingredients to deeply cleanse and nourish the skin. The process begins with gentle cleansing using rose water, followed by a relaxing massage with a nourishing cream to improve blood circulation and enhance skin texture. A herbal scrub is then applied to exfoliate dead skin cells, after which a second massage is performed using a different cream to provide intense hydration. A rejuvenating face pack is applied next to revitalize the skin.

This facial leaves the skin feeling soft, radiant, and refreshed while helping to reduce acne, blemishes, and excess oil buildup.

Duration 40 Mints / Rs 1500/-

SPA PEDICURE

A specialized foot care treatment that starts with cleansing, followed by a circulatory massage using fruit cream. The feet are then pampered with a nourishing pack and a relaxing steam treatment, leaving them smooth, soft, and rejuvenated.

Duration 30 Mints / Rs 1500/-

SPA MANICURE

A complete hand and nail care treatment that includes trimming, shaping, filing, cuticle care, and a soothing hand massage. This therapy helps maintain soft, well-groomed hands while improving nail health.

Duration 30 Mints / Rs 1500/-

SYNCHRONIZED MASSAGE

A luxurious four-handed massage performed by two therapists working in perfect harmony. The synchronized movements improve circulation, reduce stress, and promote deep relaxation. This therapy is also known to aid in weight management by stimulating the body's energy channels and enhancing overall vitality.

Duration 60 Mints / Rs 4000/-

AROMATHERAPY

A holistic therapy that nurtures the mind and body using the power of essential oils. This treatment incorporates aromatic oils such as jasmine, orange, and sandalwood to relax the senses, reduce stress, and create a calming atmosphere. The gentle massage techniques used in this therapy help promote emotional balance and overall well-being.

Duration 60 Mints / Rs 2500/-